

# ROTINI, WHOLE GRAIN

for use in the USDA Household  
Commodity Food Distribution Programs

06/19/08

## Product Description

**Rotini (spirals or twist-shaped)** shall be made from whole durum wheat flour.

## Pack

Rotini is packed in 1-pound packages. One pound provides about 5 $\frac{3}{4}$  cups dry rotini.

## Storage

- Store rotini and other dry pasta products in a cool, dry place (50 °F and relative humidity between 50 and 70%). After opening, store pasta in an airtight container.
- If ideal storage conditions are not available, store pasta under refrigeration.

## Uses and Tips

- Rotini and other similar pasta products may be combined with a tomato or meat sauce. They may also be used in recipes for soups, casseroles or salads. Combine with eggs, fish, fowl, vegetables, meat, or cheese.

*(See recipes on reverse side)*



U.S. Department of Agriculture

## Nutrition Information

- $\frac{1}{2}$  cup of cooked rotini can be considered as 1 ounce-equivalent from the Grains group of MyPyramid.
- Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, may reduce the risk of coronary heart disease and may help maintain healthy weight.

### Nutrition Facts

Serving size  $\frac{1}{2}$  cup (70g) rotini, cooked

#### Amount Per Serving

<b>Calories</b>	87	<b>Fat Cal</b>	40
<b>% Daily Value*</b>			
<b>Total Fat</b>	0.4g		<b>1%</b>
Saturated Fat	0.1g		<b>0%</b>
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	2mg		<b>0%</b>
<b>Total Carbohydrate</b>	19g		<b>6%</b>
Dietary Fiber	2g		<b>8%</b>
Sugars	0.6g		
<b>Protein</b>	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	4%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Basic Cooking instructions for Whole Grain Rotini

1. Boil water. Use 4 quarts of water for each pound of rotini.
2. Add salt to boiling water (optional).
3. Add rotini. Bring to boil again. Stir often.
4. Cook rotini uncovered approximately 8-10 minutes until "al dente" (firm to bite) for full flavor.
5. Remove from heat and drain.

Cooking guidelines: 1 lb. pasta serves 6-8 people

## Beany Rotini

8 ounces (½ box) whole grain rotini  
3 cups low-sodium tomato sauce  
1 1/2 cups frozen spinach leaves  
1 green bell pepper, sliced  
1 cup kidney beans, canned, low-sodium,  
drained and rinsed

*Revised from a recipe provided by: foodandhealth.com*

1. Cook rotini according to package directions.
2. Drain the rotini and set it aside.
3. Put the pasta sauce, frozen spinach, green peppers and kidney beans in a large sauce pan.
4. Cook over medium high heat until the sauce comes to a boil.
5. Lower the heat and simmer about 5 minutes until peppers are tender.
6. Mix the rotini with the sauce and serve.

**Makes four (4) 1½-cup servings**

### Nutrition Information for each serving of Beany Rotini:

Calories	462	Cholesterol	0 mg	Sugar	5 g	Calcium	220 mg
Calories from Fat	103	Sodium	178 mg	Protein	17 g	Iron	5 mg
Total Fat	11 g	Total Carbohydrate	73 g	Vitamin A	1020 RE		
Saturated Fat	2.4 g	Dietary Fiber	11 g	Vitamin C	28 mg		

## Pasta Salad

1 ½ cups whole grain rotini  
¼ cup chopped celery  
½ medium chopped bell pepper  
¼ cup chopped broccoli  
2 ½ light teaspoons mayonnaise  
1/8 teaspoon black pepper

*Revised from a recipe provided by: USDA, Food Stamp  
Nutrition Education – Nutrition Connection*

1. Cook rotini according to package directions.
2. Drain and place in bowl or pan.
3. Add the rest of the ingredients and mix well.
4. Cool in refrigerator before serving.

**Makes six (6) ½-cup servings**

### Nutrition Information for each serving of Pasta Salad

Calories	119	Cholesterol	2 mg	Sugar	0.7 g	Calcium	18 mg
Calories from Fat	46	Sodium	51 mg	Protein	2.7 g	Iron	0.7 mg
Total Fat	5.1 g	Total Carbohydrate	15.3 g	Vitamin A	79.5 RE		
Saturated Fat	0.9 g	Dietary Fiber	0.6 g	Vitamin C	20 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

### U.S. Department of Agriculture • Food and Nutrition Service

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14th & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.